CAMP NORTHLAND PARENT HANDBOOK SUMMER 2021





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Welcome to Summer 2021!! We are FINALLY going home!

This resource, plus the Summer 2021 Info page on our website (www.campnbb.com/summer2021info) will give you all the info you need to be prepared for camp.

If you have any questions at all, please not hesitate to contact the camp office at happycamper@campnbb.com

We can't wait for a safe, exciting, meaningful and FUN return to the shores of Moose Lake.

YOUR TO-DO LIST

- □ Ensure all forms are up to date in your CampInTouch account
- □ Photocopy/scan of Health Card (1/camper) due to office by June 20, 2021
- □ Double-check the packing list to make sure you have everything!
- Make sure you have added the key dates, in particular the Baggage Depot and Testing dates into your calendar
 - □ Thursday, July 1: Baggage Drop and Mandatory COVID Test #1 (on site at Baggage Drop)
 - Saturday, July 3: Mandatory Test #2 (at In Common Labs, 57 Gervais, Toronto)
 - □ Sunday, July 4: FIRST DAY OF CAMP!
- □ Critical items to have when you come up to camp:
 - o Printed proof of two negative PCR tests in the final 72 hours
 - o epipens and medication (if applicable)
 - last-minute written instructions or notes for the administration or Health Centre if not already provided (if applicable)
 - Lunch, kosher and nut-free snacks
 - Day bag
- Review all camp policies as posted and periodically updated on the website (campnbb.com)

PREPARING YOUR CHILD FOR CAMP

Camp Northland-B'nai Brith strives to provide a fun and exciting program for campers to enjoy. Even still, there can be an adjustment period and it is quite normal for campers to experience some "homesickness". Staff are trained to help campers deal with these feelings, but parents can help too by preparing campers for their stay at camp. A sleep-over camp experience can be a



little intimidating for a first-time camper. Quite often, children are unsure of what the camp experience will be like. For instance, campers are not sure if:

- their cabin group will like them
- they will like their cabin group
- they will like the camp activities

It is only natural to be apprehensive in new situations.

Parents can help set their children up for success by what they choose to say or not to say and by providing encouragement.

Before camp, encourage your child:

- To meet new campers when they get to camp, which will help to make new friends
- To take part in all the activities and to try new things
- To have a good time
- By saying that the time will fly until you see each other again and you're looking forward to hearing all about the fun they had at camp!
- By saying that it is normal to miss home.

Things to avoid saying to your child:

"If you miss us, just call home."

As campers cannot use the phone you cannot follow through on this promise and it will only create more difficulties at camp.

"If you are homesick, we'll come and get you."

This gives campers an 'out' and discourages them from even trying to get over their homesick feelings.

YOUR CampinTouch ACCOUNT

Everyone who has registered a camper at Camp Northland created a "CampInTouch" account when a registration form was completed. If you do not remember your log-in information, please email us at happycamper@campnbb.com, and we will send you your account information.

At this time, we need you to log-in to your CampInTouch account, which you can access at the following URL:

northland.campintouch.com

Once you have accessed your account, if you have not done so already, you **must** complete the following for each camper:

☐ The NBB Health Form and Swim Form

 Here you will record all the appropriate health care information, dietary needs, and swim level information for each camper.



□ Cabin Request Form

List cabin requests for each camper, and update the list as needed.

☐ The Camper Photo

- If you have not already done so, we ask that you please upload a current photo
 of each camper. If you are having trouble uploading the photo, please email it to
 us at happycamper@campnbb.com and we will take care of the rest.
- □ Any other new forms that have been added for Summer 2021 that you see on your account, including the mandatory Attestation Form you must sign 48 hours before entering camp, confirming all COVID protocols have been followed

You can also use your CampinTouch account to:

- □ Read our blogs throughout the summer (under "News"). Our Camp Director, Simon Wolle, writes an amazing daily blog that gives you a great peek into what is happening at camp each day.
- ☐ View our amazing photos in a secure viewing gallery



HEAD STAFF DIRECTORY

Any communication to staff should only be through their 'campnbb' email or the camp phone at (905) 881-0018 before the summer, or at (705) 754-2374 during the summer season. Grades listed above refer to the grade your child just completed before arriving to camp.

Camp Director	Simon Wolle	simon@campnbb.com
Associate Director	Adam Kertesz	adam@campnbb.com
Administrative Director	Denise Harris	denise@campnbb.com
Director of Camper & Staff Wellness	Daniela Aptowitzer	daniela@campnbb.com
Head Counsellor (Units)	Lauren Tetelbaun	laurent@campnbb.com
Head Counsellor (Sections)	Ryan Savein	ryan@campnbb.com
Head of Section I Boys (Gr. 1-4)	Noah Levy	section1@campnbb.com
Head of Unit 1 Girls (Gr. 1-4)	Lior Litvack	unit1@campnbb.com
Head of Section II Boys (Gr. 5-6)	Noah Westreich	section2@campnbb.com
Head of Unit 2 Girls (Gr. 5-6)	Carly Harris	unit2@campnbb.com
Head of Section III Boys (Gr. 7-8)	Daniel Ptasznik	section3@campnbb.com
Head of Unit 3 Girls (Gr. 7-8)	Sammy Bergman	unit3@campnbb.com
Head of LTP Boys (Gr. 9)	Jacob Fogel	ltpboys@campnbb.com
Head of LTP Girls (Gr. 9)	Camryn Matus	ltpgirls@campnbb.com
Assistant Director of Staff Development	Zack Layton	zack@campnbb.com
CIT Directors	Tali Zecharia Ari Tissenbaum	cit@campnbb.com
Camper & Staff Wellness Team	Stacia Wolle	stacia@campnbb.com
Camper & Staff Wellness Team	Samantha Akum	samantha@campnbb.com



MAII

Campers love getting mail and we encourage you to write often. We do our best to ensure your child writes home twice weekly. We suggest that you give your camper a few pre-addressed, stamped envelopes per week to make letter-writing easier. The mailing address is:

Camper's Name
Unit/Section # __ Cabin # __
Camp Northland
4250 Haliburton Lake Road
Haliburton, ON K0M 1S0

Please note you will receive the camper's cabin number via email once the camper is at camp.

You can also send camper email to mail@campnbb.com and we will accept up to two (2) emails per week per camper (regardless of sender). We will print them out at camp and deliver them with our camper and staff mail. Please note that campers cannot reply directly to emails. Make sure to include in your email subject line: Camper name, Unit/Section number, and Cabin number or it will not be delivered. Please note: The culture of camp makes it much more exciting for a camper to receive regular mail over email.

No courier packages will be accepted at camp. Please see website for details.

CFIL PHONES & PHONE CALLS

Campers are not permitted to use cell phones or the camp phone. Cell phones found in a camper's possession will be confiscated and may be donated to charity. Cell phones and calling home interfere with a camper's development, sense of independence, and can create or worsen homesickness. Please do not enable your children to break rules.

Our camp office is open 9:00 a.m. – 5:00 p.m. All messages will be monitored and returned in a timely manner, in most cases the same or following day. The Haliburton office phone number is (705) 754-2374.

The office staff who answers the telephone may not immediately know the answers to your questions. However, a member of our staff team will call you back at the first possible opportunity. Please ensure that you leave your name, the camper's name, and the best phone number for us to return the call.



CAMP NORTHLAND 2021 PACKING LIST

Suggested amounts are based on laundry occurring approximately every 10 days. CLOTHING BEDDING 6 pairs of shorts 1 blanket/comforter 10 t-shirts 1 sleeping bag 2 nice outfits for Shabbat (blue or white 2 sets of sheets (single/twin) shirts or dresses) 1 pillow 2 plain white t-shirts for art projects 4 long sleeve t-shirts 2 pillowcases 4 pairs of pants (jeans, sweats, etc..) 1 white pillowcase (art project) 1 heavier jacket 1 light jacket 4 sweatshirts or hoodies **TOILETRIES** 2 hats and sunglasses 5 bath towels and 3 beach towels 12 pairs of socks 2 face cloths 12 pairs of underwear 1 bathrobe 1 hairbrush 4 pairs of pajamas 2 soap/body wash 5 bathing suits 1 soap dish 2 pairs of running shoes 1 pair of rain boots 2 toothbrushes and toothpaste 1 rain coat 1 shampoo 1 pair shower shoes/flip-flops 1 shower bucket 1 insect repellent 1 sunscreen 1 laundry bag 1 stick/bottle of after-bite NEW IN 2021: 2 bottles of travel hand sanitizers **MISCELLANEOUS ITEMS & MAILING MATERIALS** NEW IN 2021: Non-medical disposable masks (25/week) NEW IN 2021: Lifejacket (must be Transport Canada or Canadian Coast Guard approved) NEW IN 2021: Fanny Pack (for masks, hand sanitizer, etc) fun costume (Halloween/Purim) G³ voluntary contribution (suggestions include toiletries, sunscreen, postage stamps, bug spray, etc. – Please bag and label "G3 Donation") Stamps (recommendation: 20) Envelopes (pre-addressed) 2 pads pf paper 1 package of pens flashlight/headlamp (batteries) refillable water bottle baseball glove (optional) tennis racket (optional) camera (inexpensive/disposable) swim goggles (label in marker) small plastic storage box (toolbox) books/magazines



LOST AND FOUND

Every child at some time during a very busy day will misplace an item. If his/her name is on the article, we will make every effort to see that it is returned to him/her. Please assist us by LABELING ALL BELONGINGS. We do everything we can to return misplaced clothing to its owners while they are at camp. Camp Northland cannot accept responsibility for articles lost at camp, through laundry services, or in transit. Labelled belongings that remain in the Lost and Found at the end of the summer will be available for pickup at the Thornhill office in September. Following this time frame, all remaining items will be donated to charity.

WHAT <u>NOT</u> TO BRING TO CAMP

The following items are not allowed at camp, as they create such issues as presenting safety hazards, preventing positive interactions, or interfering with proper nutrition.

 Bio 	cvcles
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- Hot pots
- Roller shoes
- Candles
- Incense
- Skateboards
- Cell phones
- Kettles
- Stereos/Boomboxes
- Computers
- Knives
- Tablets (e.g. iPads)
- Data Devices
- Lamps
- TVs
- DVD players
- Lighters
- Video games
- Food/Drinks

Mosquito coils

- Permanent markers
- Personal storage units (i.e.plastic drawers)
- Walkie talkies
- Folding chairs
- Plug-in Fans
- Water guns
- Heaters
- Drones
- Power bars
- Lasers
- Weapons
- Expensive jewellery
- Items with nuts/'may contain nuts' labels
- Smart watches/technology
- Expensive clothing

GREAT THOUGHT HAS GONE INTO THE 'NOT TO BRING' LIST:

- At camp we encourage campers to build good social skills. Items such as video games, data devices, and e-readers do not assist in positive interactions, and are not allowed at camp
- Camper safety is our #1 priority. Items, such as kettles, hot pots candles, knives, and mosquito coils, are a safety hazard.



• Camp fosters independence. Calling home interferes with developing independence and can create/worsen homesickness.

HFAITH POLICIES

The information on the Health Form assists us in caring for your child. You are required to complete it annually, whether or not there have been changes. The ONLINE form can be filled in the <u>Forms and Documents</u> section of your *CampInTouch* account. For information on how to log into your account, please see the "YOUR *CampInTouch* ACCOUNT" section in this handbook. Please note this medical form that you complete will be the only document relied upon to care for medical, psychological, social and safety issues that arise. **Full disclosure is mandatory.**

Please send us a scan/photocopy of the Health Card for each camper to happycamper@campnbb.com (or drop it off at the Thornhill office) in case of hospital visit. Please also read our immunization policy, which is included in the online form.

To provide the best possible medical care for your child, we require full disclosure of medical history, illnesses, inoculations, and medications (**including those the camper is not taking at camp)** as well as permission to contact the camper's doctor if required.

Please Note: If a camper is sent home, or kept in the Health Centre for any extended period of time, at the camp's discretion due in any way to a communicable disease (including COVID-19 symptoms), or immunization choices, our refund policy will be applied (see www.campnbb.com/summer2021info for details). Similarly, treatment of concussion symptoms or concerns will be treated at the camp's discretion, which may include removal from activities for extended periods of time. The Health Centre is staffed by experienced nurses, health care providers, and usually a resident physician. If your child is to take medication at camp, please send a sufficient amount for the duration of camp and ensure it is sent in the original container, clearly marked with the camper's name, taped-on photo of your child, and dosage instructions.

*Note: all medications must be kept in the Health Centre.

In cases where expenses are incurred beyond the scope of the Health Centre, such as filling prescriptions or dental or orthodontic visits, the camper's family will be billed.

ANAPHYLAXIS/LIFE-THREATENING ALLERGIES/MEDICAL CONDITIONS

To assist us in maintaining a safe environment for campers:

a. Campers who have an anaphylactic allergy need to bring two (2) epipens to camp valid through September 2021. Both epipens must be brought to camp and shown to staff. One must be given to our staff at the bus, and the other carried on their person at all times.



- b. Families are required to send in an Anaphylactic Emergency Response Form with a photograph, and related waiver to our office through your CampInTouch account. For assistance with this process, please contact us at happycamper@campnbb.com.
- c. If your child lives with a different serious medical condition, a 'Serious Medical Condition' form and related waiver must be submitted to our office. Examples include diabetes, asthma, heart conditions, etc.

EMERGENCY CONTACTS AND UPDATED INFORMATION

Please ensure that emergency contact information is on the Health Form. If you will be away while your child is at camp, please contact the Camp Office prior to camp with those dates, where you can be reached, and reiterating who the emergency contact is. If there has been any change or update (medical, behavioural, social, etc.) between the time of submitting your forms and the start of camp, you must email the Thornhill office (happycamper@campnbb.com).

HEALTH CENTRE CALLS

While calls home from our Health Centre staff are rare, please ensure you provide us with up to date contact information in case we must do so. Though we strive to ensure that campers are healthy and safe at camp, accidents can happen and children do get sick. Some examples of when you may hear from the Health Centre are when there is the prescription of antibiotics, a hospital or dentist visit, significant head injury, or prolonged illness. Examples of times when phone calls are not made are minor cuts/scrapes, minor colds, administration of "over the counter" medication, or short-term illness.



EMERGENCY MEDICAL SERVICES IN HALIBURTON

We always have a fully equipped Health Centre on-site with Nurse(s) and/or health care providers on staff. We also strive to have a Medical Doctor on site when available. Our team will always do everything possible to keep our campers and staff as healthy and comfortable as possible. We are also happy to share with you our local Haliburton partners who are on hand and ready to help us with any emergency medical assistance. In the event a camper or staff needs medical attention from outside our on-site Health Centre, these are the institutions we generally call upon.

Haliburton Highlands Health Services

(Emergency Room and Hospital) 705-457-1392 7199 Gelert Road Haliburton, Ontario K0M 1S0

Peterborough Regional Health Centre

(Emergency Room and Hospital) 705-743-2121 1 Hospital Drive Peterborough, Ontario K9J 7C6

Haliburton Highlands Family Health Team

(Walk-in Clinic) 705-457-1212 7217 Gelert Road Haliburton, Ontario K0M 1S0

Smolen Family Dentistry

(Dentist and Orthodontist) 705-457-2345 235 Highland Street Haliburton, Ontario K0M 1S0

Please note that for Summer 2021, we have strict safety protocols in place for travelling to and from any medical facility.

VISITORS

This summer, there will be no visitors allowed on site at any time.



DID YOU KNOW?

- □ All medication that is provided must come in the original bottle with the child's picture taped onto it.
- Our Dining Hall and Kitchen is a "nut aware" space. Please note that while we make every effort to prevent nuts from entering camp, we cannot guarantee a "nut free" environment. See our nut aware policy on the camp website.
- Additional policies and details (allergies, code of conduct, lice, email and mail privacy, accessibility, cancellation, etc) are frequently updated and posted on our website (campnbb.com). By registering you are acknowledging and agreeing to these posted policies as updated from time to time.
- □ No courier packages will be accepted at camp. Please see website for details.
- □ Follow us on the Camp Northland Facebook page (facebook.com/campnbb) and Instagram (@campnbb) to stay up to date with camp happenings

SESSION DATES

1 st Period	2 nd Period	
Sunday July 4- Friday,	Sunday, July 4 – Friday,	
July 30	July 23	
Northland Experience 1	Northland Experience 2	
(Two Weeks)	(One Week)	
Sunday, July 4 – Sunday,	Sunday, July 4 – Sunday,	
July 18	July 11	
Period Plus		
Sunday, July 4 – Sunday, August 8		
Full Period and CIT Program		
Sunday, July 4 – Wednesday, August 18		

BAGGAGE

Please use <u>DUFFEL/HOCKEY BAGS ONLY</u> (e.g. no suitcases/trunks) and attach a colour-coded tag (provided) with the camper's name and address to each piece of baggage. This will be mailed to you. <u>A Maximum of 2 duffel bags per camper will be accepted at the depot, and 1 carry-on backpack is suggested upon arrival.</u> Camp is not responsible for damage due to overweight baggage. Please ensure that the tags are attached securely. It is also a good idea to write the camper's name on the outside of the duffel bag.



NOTE THE COLOUR OF THE TAG TO ASSIST YOU IN FINDING THE CORRECT LUGGAGE WHEN CAMPERS ARRIVE HOME.

Items on the 'What NOT to Bring to Camp' list will not be accepted or alternatively will be confiscated at camp.

BAGGAGE DEPOT

ALL CAMPERS AND CITS

Thursday, July 1

Herbert Carnegie Centennial Arena (580 Finch Ave W) 8:00am-12:00pm

(You will be assigned a specific time range, based alphabetically, by last name. This can be found in your Road to Camp communications)

All additional logistical info about baggage drop and mandatory COVID testing will be communicated via email to each family and staff.

PERIOD EXTENSIONS

Campers are at times able to extend from a shorter session to a longer session. If a camper expresses interest in staying, and the camp agrees they are ready, the Section/Unit Head will call parents to let them know. If you know in advance that you do NOT want extension options to be discussed with your child(ren), please notify the camp office before June 20, 2021. This process will help us manage the expectations of your children to prevent disappointment. Discussions at the cabin level around extensions are inevitable but we do our best to follow your direction. Please note that this year, due to COVID-19 protocols, we may not be able to guarantee extensions. They will be reviewed on a case by case basis and ensure our staffing and cohorting needs, as well as other variables, can be met.



ARRIVALS HOME

ALL CAMPERS

Herbert Carnegie Arena Parking Lot 580 Finch Ave. West

Northland Experience 2 (One-week program)- July 11 12:00 PM
Northland Experience 1 (Two-week program) - July 18 12:00 PM
Second Period - July 23 12:00 PM
First Period - July 30 12:00 PM
Period Plus - August 8 **3:00 PM** (please note time)
Full Summer- August 18 12:00 PM

<u>Baggage will be available 30 min. before the bus arrival time</u> so that you may load it into your cars before the campers arrive. For your convenience, staff and/or volunteers will arrange the baggage into piles based on tag colour.

On the last night of camp, the campers will sleep in their sleeping bags, (as their bedding will be packed). They will keep out clothing for the banquet and the bus ride home, and roll these items inside their sleeping bags.

The sleeping bags will arrive on the buses with the campers.

VISITORS DAY

Please note that there is no Visitors Day in Summer 2021. We will communicate at a later date our late-July video chat and/or phone call plans for campers and families, which will be made available for Period Plus and Full Summer campers.



ELECTRONICS

As a general policy, we do not allow electronic devices at camp, as they can hinder social interactions, camp programs, and connecting with nature. Furthermore, their value is a concern to campers and families if they get lost or damaged (camp is not responsible). We recognize that listening to music and reading are enjoyable pastimes for campers when resting or when going to bed, and that there are changes in today's technology to devices that have these capabilities.

Therefore, the one device that is permitted at camp <u>INSIDE THE CABIN ONLY</u> is an electronic music player <u>without</u> data and/or wifi capabilities (e.g. MP3 player). **Please keep every other device at home.**

To be clear, the MP3 player that may be brought cannot be capable of the following:

- Playing games,
- > Watching movies, TV shows, or music videos,
- Uploading or downloading data of any kind, or
- > Being used as telephones.

It is at the discretion of families as to whether or not they send this item with their camper(s) to camp. Camp Northland-B'nai Brith cannot be held responsible for lost or damaged items.

IF DEVICES ARE FOUND THAT DO NOT MEET THE ABOVE RESTRICTIONS, THEY WILL BE CONFISCATED AND MAY BE DONATED TO CHARITY.

THE SAFETY AND WELL-BEING OF YOUR CHILDREN IS OUR FIRST PRIORITY.
WE THANK YOU FOR YOUR SUPPORT AND ADHERENCE TO THESE POLICIES.

FOOD AND DRINKS

We provide nutritious & well-balanced meals, one daily snack, one nightly snack, and 2 weekly tucks. <u>Therefore, campers may not bring food to camp</u>. Having food in the cabin (1) has campers substituting less nutritious food for proper meals and (2) attracts insects and animals, which are a health & safety threat. Therefore,

FOOD & DRINKS ARE NOT ALLOWED TO BE BROUGHT INTO THE CAMP.

Camp Northland-B'nai Brith is a "nut aware" and kosher facility. Food that contains or 'may contain' nuts must not be sent up to camp. For this reason, it is also imperative that all



food items be in their original packaging. For more information, please refer to Policies on our website, www.campnbb.com/camp-policies

Please inform us if your child needs any special food for medical reasons and appropriate arrangements will be made.

WATER

Drinking water is very important and our staff regularly remind campers to drink water. There is drinking water throughout camp and it is mandatory that each person bring a refillable water bottle. Please ensure it is labeled.

Please note in 2021 drinking directly from fountains is prohibited.

In order to reduce waste,

BOTTLED WATER IS NOT ALLOWED AT CAMP

TUCK SHOP

Campers should bring toiletries with them. We can replace lost/used-up toiletries for a small fee. Items such as reusable water bottles, stamps, batteries, disposable cameras, and clothing, can also be purchased. If your child needs anything, you will be contacted and billed. There is no need to send cash with your child(ren).

IMPORTANT DRIVING AND GPS INFORMATION

The camp address is 4250 Haliburton Lake Rd, Haliburton ON, K0M 1S0.

Approximate driving time from Toronto is 2.5-3 hours. There are two recommended routes to get to camp as shown below. Waze/Google Maps/Apple Maps and GPS navigations seem to work well with camp directions. You can also refer to these written directions to get you to camp. If you are using a GPS device that allows you to enter in the <u>coordinates</u> of your destination, you can enter the following coordinates that will take your directly to camp:

45.168134, -78.466648

DIRECTIONS VIA THE HIGHWAY 400/11 ROUTE

1. Take Highway 400 North straight through Highway 11 North for 160.0km to Highway 118 East (approximately 15 minutes north of Gravenhurst).



- 2. Continue on Highway 118 East. You will cross through Highway 35 (at Carnarvon) and continue on Highway 118 East for 12.0km.
- 3. PAY CAREFUL ATTENTION Turn left onto Kennisis Lake Rd. (County Road 7) and then make an immediate right turn onto Eagle Lake Rd (County Road 6) and travel on Eagle Lake Rd for 8.0km.
- 4. Turn left onto Haliburton Lake Rd. (County Road 14) at the Eagle Lake Country Market and travel north for 7.5km.
- 5. The entrance to Camp Northland is on your right side.

DIRECTIONS VIA THE HIGHWAY 404 ROUTE

- 1. Take Highway 404 North to the very end at the Ravenshoe Rd. exit (Woodbine Ave.).
- 2. Turn left turn onto Woodbine Ave and travel for 1.0km.
- 3. Turn right onto Ravenshoe Rd and travel for 8.5km.
- 4. Turn left onto Highway 48 North and travel for 31.0km.
- 5. Turn left onto Highway 12 North and travel for 12.5km.
- 6. Merge right onto Highway 48 and travel for 35.0km.
- 7. Turn left onto Highway 35 North and travel for 50.0km to Carnarvon.
- 8. Turn right onto Highway 118 East and travel for 12.5km.
- PAY CAREFUL ATTENTION Turn left onto Kennisis Lake Rd. (County Road 7) and then make an immediate right turn onto Eagle Lake Rd (County Road 6) and travel on Eagle Lake Rd for 8.0km.
- 10. Turn left onto Haliburton Lake Rd. (County Road 14) at the Eagle Lake Country Market and travel north for 7.5km.
- 11. The entrance to Camp Northland is on your right side.